

Maine Running & Nordic Skiing

75¢

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MAINE RUNNING & NORDIC SKIING

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Cover: Joan Benoit, 21, of Cape Elizabeth pictured here winning the Bonnie Bell 10K, has risen to become one of the world's best marathoners with her 2:35:12 double record-setting pace at the country's premier event-the BAA Marathon

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Editorial

Congratulations, to say the least, to Joan Benoit and others who ran excellent times at Boston. There were far more Maine runners and much faster times recorded than in any previous year. A number of them were around the 2:30 mark.

Joan has been on my list of people to interview for many months (as has Bruce Bickford) but it is more difficult to match schedules with these people than one might realize. Presently, Joan is in the midst of final exams at Bowdoin and rather than ask of what little time she has, I will save her article for later on this summer. Bickford is one of those here-disappear types as I found out last fall when I attempted to make arrangements with him to talk about his running. Bruce's home town, Benton, is just 15 miles south of here, but I've had a difficult time catching him when he has been there "on leave" from Northeastern or from his running excursions throughout the universe.

Joan Benoit is not the type who likes to make a big fanfare about her running. She merely does her thing and gets a great deal of personal enjoyment out of it. Her low profile, soft-spoken manner probably will take the press some time to adjust to because they want to "hoop and holler" and expect Joan to do the same. They will be disappointed. I think that she ran the BAA Marathon just like she ran any of her Maine road races, applying very little pressure on herself and just doing her best which happens to be just about the best in the world at this point.

Certainly having Benoit and Bickford out there running against the world's premier runners does a great deal for us and it is important to have this excellence among us. It should also be kept in perspective within the scope of Maine running and what I mean is to not over-glorify. I don't think that either of them want that anyway. If we make that mistake we will become not participants as we are, but like the spectators at a baseball or football game who sit and cheer at the heroes on the field while our own bodies deteriorate. Of course there can be a happy medium of participation-observation, and we have achieved this.

At the 1978 Bar Harbor 13-Miler in September, a news reporter asked Ralph Thomas what advice he had for runners who were new at the sport. Expecting some heavy, detailed analysis, the reporter was probably taken by surprise when Ralph said simply, "Keep plug'n away". It's the only answer.

Maybe you will be first at your irudential next year.

Rick Krause



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Road Races



May 6 Goldsmiths Mini-Marathon for Women

6.2 miles; 10:00; register, start, finish at the University of Maine, Orono track; Course: includes 2 small hills; Director: Norm Boucher, 476 Maine St., Old Town, Me. 04468
Phone: 827-5418 (home)

May 12 Goosepecker Ridge Run** Freedom

8-Miler, 2-Miler. 9:00; \$2.00 entry; Course: rural, tar and dirt roads, hilly; Director: Jim Green, RFD 1, Box 128, Freedom, Me. 04941

May 12 Athletic Attic 10 Kilometer Road Race - Bangor at the Bangor Mall; 8:30 AM; register at the Athletic Attic, Bangor Mall. \$1.00 entry fee. Director: Michelle Pelletier, Athletic Attic, Bangor Mall, Bangor, Me. 04401.
Phone: 947-6880

May 13 Wormwoods Breakwater Race - Scarborough 5:30 PM 7-miles; beach run at low tide; starts at Pine Point Beach, Scarborough; starts just before low tide. Director: Dave Gelli, Tiffany Lane, Saco, Me. 04072 Phone: 283-2490 (home).

May 19 Waynflete School Spring Fling Four Mile Run 10:00, at Waynflete School, 360 Spring St., Portland \$2.00 entry; Director: Sean Kelly, Waynflete School, 360 Spring St., Portland,, Me. 04102 774-5721

May 19 Monmouth Apple Blossom Festival 15 Kilometer Road Race** at Monmouth Academy, Monmouth 1:00; Course: dirt and tar, long hills and flat; \$2.00 entry; Director: Dennis Grover, Monmouth Academy, Monmouth, Me. 04259 Home phone: 377-6052 Bus. phone: 933-4416

May 19 Monsehead Road Race 5.5 miles; Greenville. 11:00; Register at the municipal parking lot- Greenville \$2.50 entry; Course: rolling hills. Director: Bev Walker, Lakeview Women's Club, Box 191, Greenville, Me. 04441
Home phone: 695-2091

May 20 Biddeford 15-Miler 1:00 at Kennedy School, Biddeford Director: Dave Galli, Tiffany Lane, Saco, Me. 04072 Home phone: 283-2490

May 26 2nd Annual Red Cross 10-Miler Bangor 9:00 start and finish at the American Red Cross Community Blood Center, 12 Stillwater Ave., Bangor. \$3.00 entry. Director: Dan Guerette, American Red Cross, 619 Hammond St., Bangor, Me. 04401 Bus. phone: 942-8217

May 26 Shop 'N Save 10 Kilometer Road Race So. Portland
10:00; at Hannaford Bros. Co., 54 Hannaford St., Rumery
Park, So. Portland. Director: Roland Morin- Home phone:
775-2686 Bus. phone: 767-2111 Course: mostly flat with a
few short hills.

May 27 - Southwest Harbor 5-Mile Road Race (see pg. 6)

May 28 Gorham Merchants Memorial Day 6-Mile Road Race
9:00 ; register at Robie Gym; starts at the IGA on
Main St., Gorham. \$2.00 entry fee. Director: Brian
Gillespie, 3 Grace St., Portland, Me. 04102 772-3617

June 2 Rockland Merchants 10,000 Meter Road Race

10:30; at Rockland Area Chamber of Commerce.
\$2.00 entry; Director: E. Parise, Chamber of Commerce,
Rockland, Me. 04841 Home phone: 236-8044

June 3 Penobscot Valley 6-Mile Classic Lincoln

12:00; register at Carney's store, 61 Main St., Lincoln.
Course: 1 loop, hilly. Director: Art Fraser, c/o Carney's
61 Main St., Lincoln, Me. 04457 Bus. phone: 794-2437

June 3 Maine-ly Ladies Invitational 5-Miler - Old Orchard **

11:00; at The Brunswick Hotel, 5 Fernald St., Old Orchard
Beach. \$2.00 pre entry, \$2.50 post entry.

For information: Marathon Sports Running Club, 154 Main St.,
Saco, Me. 04072. Bob Provost- director.

June 9 Gray Recreation Dept. Road Race 2-miler: 9:00

6.7-miler: 1:00 ; register at Pennell Institute Gym on
Route 100. Entry: \$2.50 (one race) \$3.50 (both races)
Course: 4 hills, .3 miles each. Director: John Kirby,
Park St., RFD 1, Gray, Me. 04039 657-2249

June 10 Bob Rice Memorial 5-Mile Road Race Cape Elizabeth

11:30; at the Cape Elizabeth High School; \$2.50 pre-entry,
\$3.00 post entry; Director: Gene Coffin, 77 Pleasant Ave.,
Portland, Me. 04103. 773-1282

June 16 Phidippides Women's 3-Mile Road Race - Portland

1:00; at the Phidippides Running Center, 271 Commercial
St., Portland. \$2.00 entry; Director: Brian Gillespie,
775-1416 (bus.)

June 16 Great Maine Race (handicap) Brunswick 10:00

10 Miles; starts at the Polar Bear Statue on Bowdoin campus,
and finishes at Pinkem Point, E. Harpswell. Director:
Phil Soule, 40 Garrison St., Portland, Me. 04102
Home phone: 773-7161

June 16 Hampden 8.5 Mile Road Race 9:30 **

at the Weatherbee-McGraw School, on Route 1A, Hampden.
Course: 1 loop, hilly. Director: Paul Howard, P.O. Box
562, Bangor, Me. 04401 942-3627 (work)

June 17 11th Annual Fathers Day Age Group Road Races

at Cheverus High School, Portland. 4.1-Mile open: 12:00,
children's race: 11:00; Course: (4.1 miler) 1 loop, one
mile on dirt path, the rest on city streets. Entry:
children- .50¢, open- \$2.00 Director: Phil Harmon,
Box 56, Bar Mills, Maine 04004 Home phone: 929-6415

June 23 Waterville Y 5th Annual June Fest Midi-Marathon
9:30 at YMCA, Waterville. 2-miler, 6-miler, 13.1-miler
\$2.00 entry fee. Courses: hilly. Director: Barry Moody,
YMCA, Waterville, Me. 04901 Home phone: 873-1348

June 24 Maine National Bank Road Race - Portland
5-miles; 11:00, \$2.00 pre-entry, \$3.00 post-entry.
Register and start at the Maine National Bank, 400 Congress
St., Portland. Director: Wayne Laroche, 775-7461 (office)
767-3782 (home).

May 27 Southwest Harbor 5-Mile Road Race 12:00 at the Fennett
Elementary School. Director: Dale Mills, Box 888, Southwest Harbor,
Me. 04679 Home phone: 244-5010

**** Wheel-measured courses**

Note: Downeast Court Club Classic of May 19th - cancelled

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The Dean's List

Wheel-Measured Courses

Hampden 8.5 Mile Road Race June	the honorable... Skip Howard Director
Bowdoin 10 Mile Road Race Aug.	Dale Arnold Director Cliff Hopkins
Bucksport Tour Du Lac 10 Miler July	Anne & Steve Norton-Directors
Camden 10,000 Meter Road Race July	Bruce & Bob Booker-Directors
James Bailey 5-Mile State Cross-Country Championships at Gorham- Sept.	Dave Paul Director
Bar Harbor 13.1 Miler Sept.	Dennis Jenkins Director
Casco Bay Marathon Portland Sept.	John Noyes Director
Maineac 10,000 Meter Road Race, Bangor Oct.	Norm Boucher Director
Freebranch Run 7-Miler Bridgton, Dec.	Jerry Levine Race director
Lost Valley 15-Kilometer Road Race Auburn Oct.	Bill Sayres Race director
The Great Pumpkin Race Camp Ellis Nov. 6 & 1.5 milers	
Goosepecker Ridge Run Freedom 8 & 2 milers May	Jim Green
Monmouth 15 Kilometer Road Race May	Dennis Grover Race director
Maine-ly Ladies Invitational 5-Mile Road Race June Old Orchard Beach	?
Androscoggin Harriers Club Invitational - Lewiston- May 10 Kilometers	George Liming

THE MARATHON

die-hard's delight



May 12 Champlain Valley Marathon Plattsburg, N.Y. 12:00
Course: point to point, flat. Director: Race Chairman,
YMCA, 13 Oak St., Plattsburg, N.Y. 12901

May 13 Canada National Capitol Marathon Ottawa, Canada 9:00
at Carleton Univ. \$5.00 entry. Course: out and back, mostly flat.
Contact: Recreation, 111 Sussex Dr., Ottawa, Ontario, Canada
K1N5A1

May 13 Yonkers Marathon Yonkers, New York 10:00
at Yonkers Raceway; Course: 4 loops, certified
Sponsor: Yonkers Jaycees, c/o Alan Bolbrock, 10 Gladstone Place,
Yonkers, N.Y. 10703

May 20 Burgerking North Area Y Marathon
Syracuse, N.Y. 10:00 Course: out & back,
certified. Director: Jeff Harvey, 201 So. Main St., North
Syracuse, N.Y. 13212.

May 27 Alberta Championship Marathon Calgary, Alberta
at Bowness Park. Canada 8:00 AM For information,
contact Calgary Road Runners Club, P.O. Box 311, Calgary,
Alberta, Canada T2P2H9 .

May 27 Record Heritage Trail Marathon Troy, New York
at City Hall. Course: out & back Director: Burke Adams,
21 Chestnut St., Rensselaer, N.Y. 12144 8:00 AM

June 10 The Maine Woods Marathon New Sweden 9:00
register at New Sweden School; wheel measured course; no asphalt;
Race goes from New Sweden to Blackstone Siding to Square Lake and
finishes at Madawaska Lake. No entry fee. Director: Conrad
Walton, 35 New Sweden Rd., Caribou, Me. 04736 Home phone: 498-3305

June 30 Marathon Beauceron St. Georges, Quebec, Canada 4:30
PM ; Director: Andree Gregoire, Les Jarretts Noirs Olympiques
Inc., 725, 12 e rue, St.-Georges, Beauce Sud G5Y4Z9, Quebec,
Canada.

July 14 Paul Bunyan Marathon Orono, Maine 7:45 AM
Course: figure 8, rolling, hills. Starts & finishes at
Memorial Gym parking lot, University of Maine, Orono.
Director: Dick McGrath, Bangor Daily News, Bangor, Me. 04401.
1-800-432-7964

July 14 Voyager Marathon Ontario, Canada 7:30 AM
 Certified course, relatively flat, 2-loops. \$5.00 entry
 before July 1st, \$8.00 after July 1st. For information:
 Northerners Road Runners Club, c/o Norman Petenaude, Site 20,
 Box 25, RR #2, Sudbury, Ontario, Canada, P3E4M9.
 Phone: (705) 522-5073

Aug. 18 Green Mountain Marathon South Hero, Vt.
8:00 AM; Certified course, mostly flat, gradual hills.
at Folsom School, South Hero. Director: Leighton Walker,
2 Redwood Terr., Essex Junction, Vt. 05452 (802) 878-2322

Aug. 25 Clarence DeMar Marathon at Keene, New Hampshire
8:00 AM, Director: Peter Hanahan, Box 168, Gilsum, N.H.
03448

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Emil Zatopek



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Race Results

Lewiston Rec. Dept.

Road Races

Apr. 21st

10 Kilometer Race

1. Greg Wardwell	Presque Isle	33:05
2. Ralph Fletcher	Androscoggin Harriers	33:58
	Augurn	
3. Todd Coffin	Bath	34:41
4. Neil Lash	AH, Danville	34:55
5. Jeff Littlefield	Benton	34:56
6. Jonathan Howland	Bar Harbor	35:14
7. Dan Campbell	AH, Lewiston	35:56
8. Steve Russell	Capitol Joggers	35:59
	Augusta	
9. John O'Grady		36:04
10. Sean Keough		36:12
11. Mark Kittleson	Twin Cities T.C.	36:23
12. Doug Taylor	AH, Lewiston	36:38
13. Greg Parlin	New Vineyard	36:46
14. Jesse Leaman	Woolwich	36:56
15. Gil Cyr	Lewiston	37:21
16. Rick Sterling	AH, Lewiston	37:35
17. Gary Quimby	Central Me. Striders	37:39
18. John Dudley	Jay	37:50
19. Mike Dube	Auburn	38:32
20. Louis Thibeault	Lewiston	38:53
21. Richard Belliveau	Northridge, CA	38:59
1st master		
22. Dean Hatch	Lisbon Falls	39:09
23. Steve Roy	AH, Lewiston	39:25
24. Bill Leschey	Maine Masters	39:34
2nd master		
25. Ron Beedy	AH, Livermore	39:49
26. Mark Simpson	Farmington	40:16
27. Gary Grady	Farmingdale	40:39
28. Bill Sayres	AH, Auburn	40:51
3rd master		
29. Ed Malone	Portland	41:25
30. Greg Emerson	The Good Sports	42:15
	Running Club	

31. Chase Pray	AH, Auburn	42:25
32. Peter Holloway	Falmouth	42:26
33. Marsha Giglio	Augusta	42:41
1st woman		
34. David Whiting	Bath	43:24
35. Ed Gayton	Lisbon Falls	43:28
36. Dan Rankin	Boothbay Hbr.	43:32
37. Bryan Dench	AH, Auburn	43:35
38. Marty Thornton	Hallowell	43:36
2nd woman		
39. Ray Giglio	Augusta	43:51
40. Dan Goff	AH, Auburn	44:19
41. Ted Stillwell	Hooksett, NH	44:42
42. Alton Wardwell	Stockholm	44:53
43. Pete Gagnon	AH, Auburn	45:04
44. Hyla Tracy	Waterville	45:06
45. Richard Spicer	Litchfield	45:30
46. Bob Perkins	Portland	45:36
47. Faye Gagnon	AH, Auburn	46:31
3rd woman		
48. C. Douglas Ludewig	Winthrop	46:49
49. Coleen Safford	Mt. Vernon	46:57
50. Patty Jacobs	Farmington	47:06
51. Wendy Sayres	AH, Auburn	47:07
52. Ron Tremblay		47:19
53. Paul Quatropani	NAS, Brunswick	47:26
54. Gary Gander	NAS, Topsham	49:23
55. C.M. St. Laurent	Bath	50:20
56. Philip Rioux	Lewiston	51:06
57. John Whalen	Lewiston	51:16
58. Nancy Ludewig	Winthrop	56:07
59. James Parkinson	Westbrook	58:45

5 Kilometer Results

1. Todd Coffin	Morse H.S., Bath	16:26
2. Rick Lavoie	Lewiston H.S.	16:40
3. Steve Ridley	Carrabec	16:55
4. Jesse Leaman	Morse	17:02
5. John Simpson	Colby	17:36
6. Arthur Feeley	Edward Little	17:45
7. Dana Maxim	Winthrop	17:56
8. Randy Pease	Monmouth	17:58
9. Bob Steves	Lawrence H.S.	18:00
10. James Edmond	Mr. Blue H.S.	18:24
11. Kim McDonald	Mt. Blue	18:28
1st girl		
12. Rick Savage	Telstar H.S.	18:39
13. Jim Alden	Mahoney JHS	18:45
14. Jim Amfilo	Lewiston	19:28
15. Albert Landry	Lewiston	19:37
16. Steve Meyers	Gorham	20:06
17. Brian Rancourt	Carrabec	20:10
18. Brent Clukey	Lewiston	20:38
19. Julie Reynolds	Gorham	20:44
2nd girl		
20. Sue Flynn	Edward Little	20:45
3rd girl		
21. Roberta Holloway	Falmouth	21:27
22. Coreen Leavitt	Gorham	21:34
23. Pam Black	Mt. Ararat	21:50
24. Maureen Morin	Mt. Ararat	23:34
25. Linda Theriault	ELHS	24:15
26. Laurie Smith	Lewiston	24:19
27. Sue Rizzolo	Lewiston	24:23
28. Melinda Harris	Mt. Ararat	24:39

29. Robin Black	Mt. Ararat	24:39
30. Mary Kincaid	Mt. Ararat	25:01
31. Martha Lafferty	Mt. Ararat	25:36
32. Monica Kincaid	Mt. Ararat	25:46
33. Lisa Bois	Mt. Ararat	25:48
34. not recorded	Mt. Ararat	25:52
35. Martha Simpson	Mt. Ararat	26:04
36. Sandy Crosby	Mt. Ararat	26:57
37. Rebekah Gardner	Mt. Ararat	26:58
38. Ann Fasano	Mt. Ararat	29:36
39. John Lafreniere	LRAC	30:47
racewalker		
40. Chris Albert	LRAC	34:11
racewalker		

17. Matt Madden	Lewiston	6:52
18. Gordon Holloway	Falmouth	6:53
19. Kevin Leighton	Waterford	6:54
20. Mike Cote	Brunswick	7:12
21. Chris Winslow	Harrison	7:13
22. Mike Fennessy	Lewiston	7:15
23. Fred Washer	Waterford	7:16
24. Kelly Savage	Bryant Pond	7:17
2nd girl		
25. Chad Gagnon	Auburn	7:24
26. Jay Morrisette	Waterford	7:34
27. Patrick Kein	Westbrook	7:42
28. Tim Bigonski	Waterford	7:57
29. Mike Stevens	Waterford	7:59

Team Standings: 1st. Mt. Ararat
2nd. Lewiston H.S.

30. Jodie Morrisette Waterford 7:34
3rd girl

31. Sheldon Rice	Waterford	8:08
32. Max Cushman	Harrison	8:25
33. Mikaela Foster	Peaks Island	9:13
34. Scott S. Louis	Bowdoinham	9:23
35. Josh Gagnon	Auburn (age 4)	10:40
36. Jill Millett	Waterford	12:11
37. Beverly Washer	Waterford	12:13
38. Theresa Andrews	Harrison	12:13.5
39. Louie Jacobs	Farmington	12:14
40. Debbie Lausier	Waterford	12:14.5
41. Ruthie Jacobs	Farmington	12:15
3 1/2 yrs.		
42. Shane St. Louis	Bowdoinham	12:16

1-Mile Run

1. Chris Kein	Westbrook	5:21
2. Finn Kelly	Portland	5:32
3. Brian Bettney	Westbrook	5:33
4. Ronald Savage	Bryant Pond	5:38
5. Karl Bonner	Lewiston	5:54
6. Craig Geike	Freeport	5:59
7. Scott DeLong	Monmouth	6:02
8. Neil Kincaid	Topsham	6:03
9. Kelly Hoskins	Topsham	6:03
1st girl		
10. John Zeilor	Freeport	6:06
11. Kevin Kein	Westbrook	6:13
12. Sean Fennessy	Lewiston	6:18
13. Chip Littlefield	Benton	6:19
14. Brian Colburn	Waterford	6:23
15. Will Leschey	Cape E.	6:29
16. Tim Fox	Brunswick	6:30

Peter Marczak
Race director



BAA MARATHON

Joan Benoit	Cape Elizabeth	2:35:12
Andy Palmer	Presque Isle	2:29
Dick Gllant	Rumford	3:20
Steve Mulhern		2:47
Rick Mulhern		2:57
Bill Sayres	Auburn	3:18
Jake Laferriere	N. Bridgton	3:00
Nancy Laferriere	N. Bridgton	3:16
Ron Zorn	Poland Spring	3:27
Robin Emery	Lamoine	3:30
Rick Sterling	Lewiston	3:01
Bob Shelton	Winthrop	3:19
Fred Judkins	Waterville	2:52
Michael Westphal	Cranberry Island	2:30
Bill Hine	E. Stoneham	2:32
Frank Roberts	Orono	2:56
Thomas Ammotte		2:55
John Emerson	Old Town	2:51
Mike Hagerman	Gardiner	2:50
Kim Beaulieu	Standish	3:18
Tom Miller		3:40
Peter Millard	Gorham	2:25
Paul Oparowski	NH	2:20
Don Wallace	Portland	2:26
Scott Whitney		2:28
Dan Vogt	Bethel	2:29
Larry Allen	Cranberry Island	3:07
Gary Allen	Cranberry Island	3:07

(cont. pg.15)

INTRODUCING!

long
over-due

The Maine Rowdies

Running Club

FEATURING!!!
Ken Flanders

Bill Gayton

Phil Soule

JOHN NOYES

Frank Hoelzle

Joan Benoit

Bob Sholl

Larry Greer

DAN BARKER

CHARLIE & LEFTY GORDON



As of yet, no president has been designated as being responsible for this group. Update- next issue.

Joan Westphal	Cranberry Island	3:25
Brian Kuperwicz	Sanford	2:31
Ken Remsen	Bangor	2:39
Jerry Farlow	Old Town	2:42
Bill Gayton	Topsham	2:51
Gary Cochrane	Topsham	2:40
Bob Nicholson	Skowhegan	3:33
Conrad Walton	Caribou	2:57
Paul Libby	Presque Isle	3:00
Sam Hamilton	Presque Isle	3:00
John Lisnik	Presque Isle	3:06
Bob Duprey		3:20
Joe Meir	Caribou	3:55
Peter Kelly	Caribou	4:05
George Higgins	Presque Isle	3:26
Elihu York	Brunswick	4:30
Sam Butcher	Harpwell	2:59
Barbara Hamaluk	Bangor	3:09
Carol Roy	Bangor	3:22
Cliff Hatfield	Hermon	3:06
Brad Hammond	Westbrook	2:59

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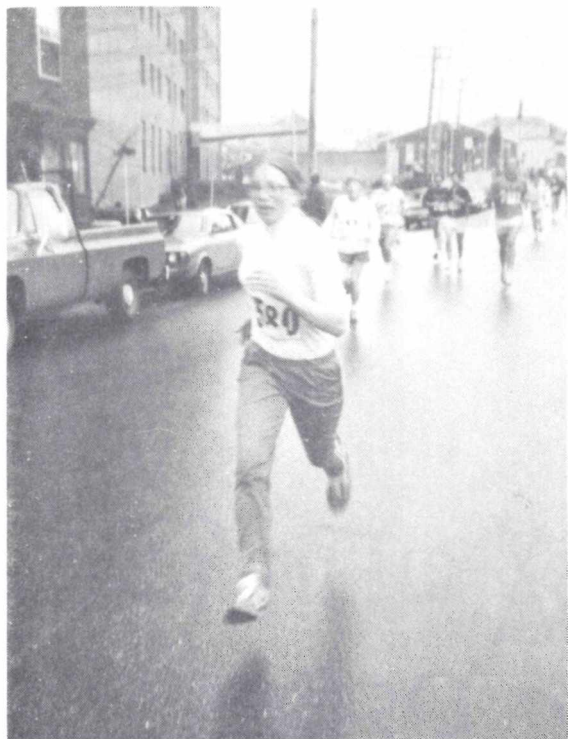
@ Monday at 9:37AM and 4:52pm

@ Wednesday at 9:37AM

@ Friday at 4:52pm

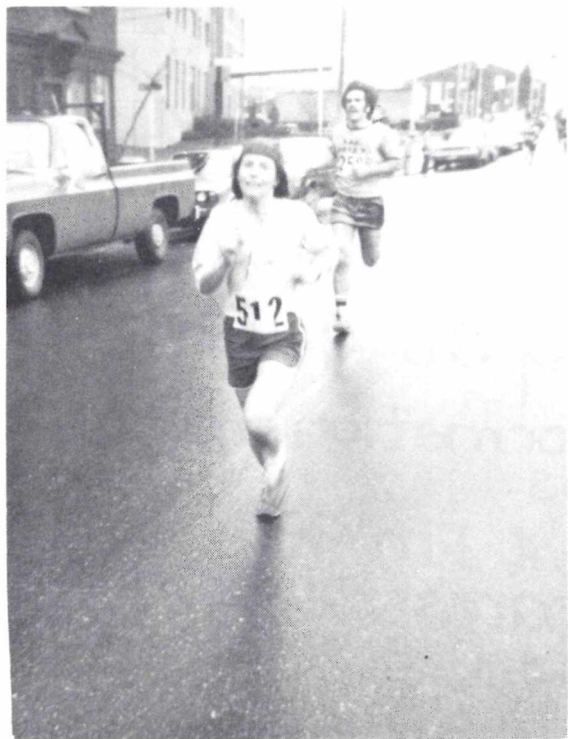
Call us with your information and Results
or mail it to us.

WMGX Fm 93
477 Congress Street
Portland ME 04101
e 774-4561e



Evelyn Hewson of Bowdoin College, one of the leading runners in the state, here finishes fourth at the PBC 5-Miler.

Robin Estey, Stratton school girl, currently leads the women runners with 107 points.

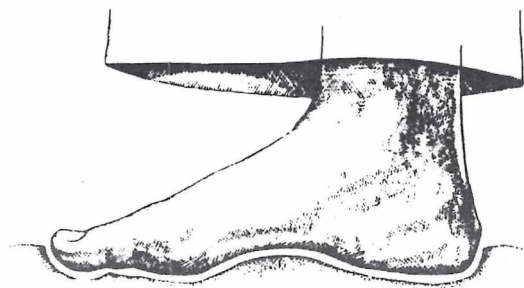


Marsha Giglio, now ranked 3rd in Maine, finished the same position at the PBC race.



Maria DiBiase makes her bid for a big year of racing with a 2nd place finish in Maine's oldest road race.

Let your feet make
a place for themselves.



The Ski Stall

*Birkenstock sandals - they mold to your feet
Tennis and casual shoes - Tretorn, Head, Chris Craft
Training and cleated shoes - Puma, Nike, Brooks, New Balance
Warm-ups (toddler-adult) - Court Casuals, Todd, Elizabeth Stewart*



The Ski Stall

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Tontine Mall
Brunswick, Maine

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If you take running seriously, like we do, you know just how important it is to have the right equipment.

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Our corporate experience in Olympic and international sports, combined with a formal research program, keeps us current on all the latest products.

Which means you can always find the equipment at Athletic Attic to put you at your absolute best.

This season, and every season.

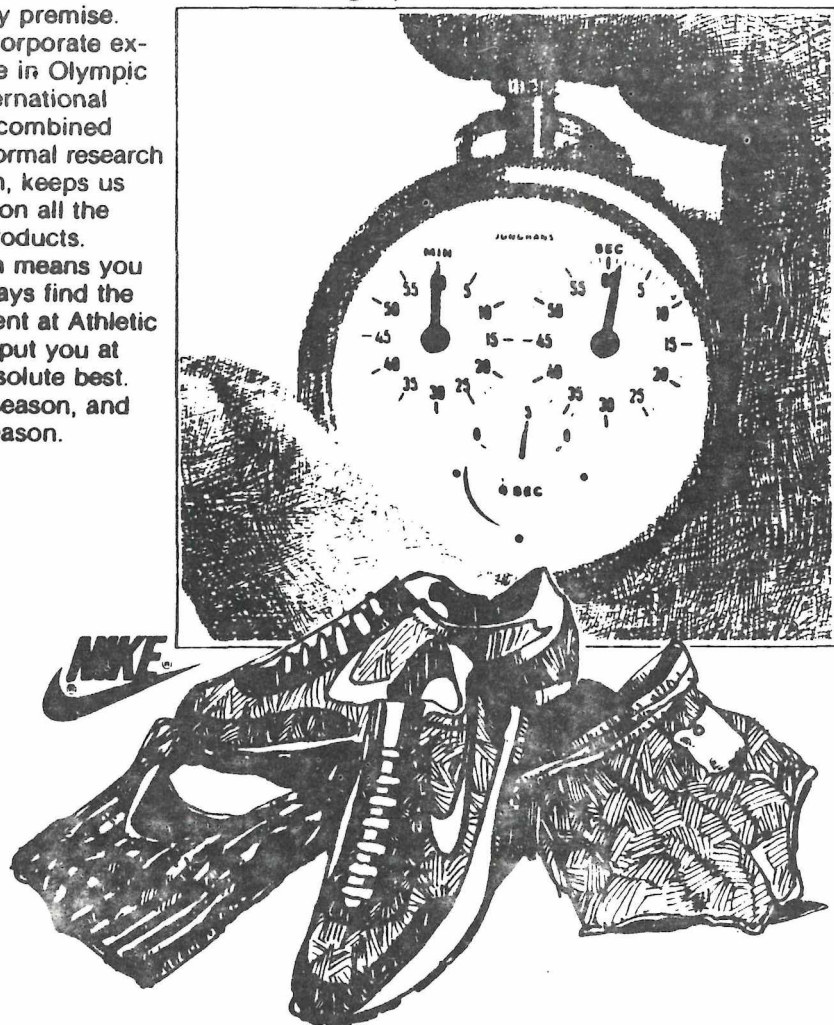
Take our highly popular Nike racing flats, for example: handsome, stylish, and comfortable to wear . . . plus proven top-flight performance.

The great Nike line is just one example of our commitment to serious running. Every product we sell is top quality and hand-picked to put you at your best.

Make sure this season. Run over to Athletic Attic . . . before you run anywhere.



663 Stillwater Avenue
Bangor Mall
Bangor, Maine 04401
207/947-6880

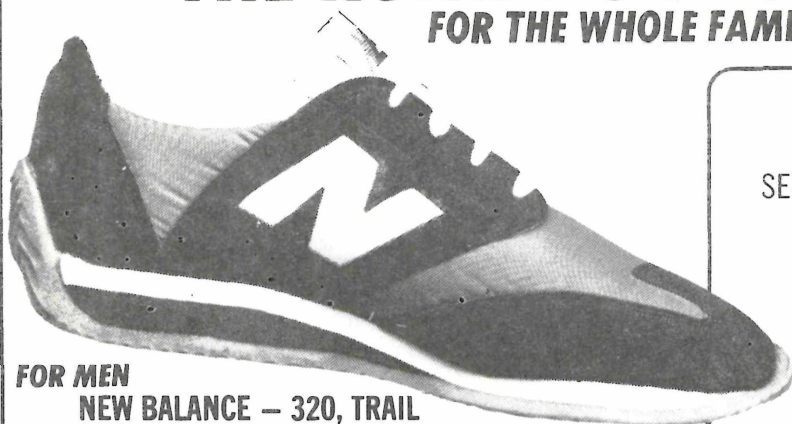


MAKE SURE WITH SHOES AND EQUIPMENT FROM ATHLETIC ATTIC.

At Standard Shoes

"THE RUNNING SHOE STORES"

FOR THE WHOLE FAMILY



FOR MEN

NEW BALANCE — 320, TRAIL
NIKE — LDV, WAFFLE TRAINER, OCEANIA,
DAKOTA, ROADRUNNER
BROOKS — VANTAGE, VILLINOVA
ADIDAS — DRAGON
PUMA — EASY RIDER, ROCKET
SAVCONY — HORNET, TRAINER
OSAGA — CALIENTE, COSMO
FASTRAK — MARATHON
KEDS — T-RACER



FOR WOMEN

NEW BALANCE — W320
BROOKS — VANTAGE, VILLINOVA, VICTRESS
ADIDAS — TRX, DRAGON
NIKE — LADY WAFFLE TRAINER, ROAD-
RUNNER, OCEANIA, SENORITA
CORTEZ
OSAGA — KT-26, FEATHER, TRAINER
PUMA — ROCKETTE
FASTRAK — MARATHON, FOXY LADY
FLEX 26, SP-60
KEDS — SPRINTER



FOR KIDS

ZIPS by Stride Rite
FASTRAK
NIKE — DAKOTA
TURTLES
KID POWER

FOR THE
SERIOUS RUNNER-
AN EXCELLENT
SELECTION
of the "Starred"
Running Shoes
From "Runners
World Magazine".
Fitted by Experts.

1979 **RW 5-Star**
★★★★★
Runner's World Magazine

1979 **RW 4-STAR**
★★★★★
Runner's World Magazine

1979 **RW 3-Star**
★★★
Runner's World Magazine

"The Running Shoe Stores" are Standard Shoes, whether for the serious runner or for the novice runner, in fact, you don't even have to run to enjoy the quality, selection and good fit of Standard's running shoe-styles. The Standard People will understand your needs and will be glad to show you their tremendous selection. Standard, also, has tennis sneakers and all around sneaker styles for those hazy, lazy days. So, run, jump or fly to your nearest Standard Shoe Store for the best in running shoes.

* NOTE: Not all brands at every Standard Store

6 WAYS TO BUY: • CASH • CHARGE • CLUB COUPONS • VISA • MASTER CHARGE • AMERICAN EXPRESS

Standard Shoes

DOWNTOWN BANGOR • BANGOR MALL • AIRPORT MALL • PRESQUE ISLE • WATERVILLE



Penn Relays Marathon

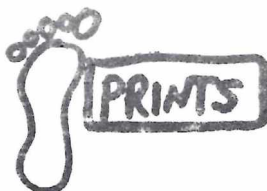
April 22

Results

1st. Tim Backentose		2:22
19th. Frank Hoelzle-	Portland	2:40
Al Weiner	Falmouth	2:48
66th. Wayne Clark	Portland	2:57

9-Miler

1st. Bob Sholl	Biddeford
----------------	-----------



Dr. Roy Corbin, member of the American Academy of Podiatric Sports Medicine, will begin a column featuring, Questions and Answers concerning sports related problems of the foot.

SEND QUESTIONS TO:

Roy Corbin D.P.M.
96 Harlow Street
Bangor, Maine 04401

WORKING DELIGENTLY ORGANIZING ROAD RACES
FOR SEVERAL YEARS WITH THE AUBURN REC. DEPT.,
PETER MARCZAK, DIRECTS ANOTHER SUCCESSFUL
VENTURE, PICTURED HERE AT THE LEWISTON ARMORY
ON APRIL TWENTY-FIRST,



Maine National Bank

To benefit Maine Special Olympics • Special Olympics Events to be held during "Run for Fun"

Where: Starts at Maine National Bank's Main Office,
400 Congress Street, Portland, Maine

When: June 24, 1979, at 12:30 P.M.
Runners should report at 11:00 A.M.

Pre-registration is encouraged

The Course: The route is patrolled and traffic controlled.
Times are given at each mile. Aid stations will
be provided at mile two and at mile four. The
course is wheel measured.

The five-mile course starts at Maine National Bank's Main Office at 400 Congress Street and proceeds northeast to Franklin Arterial then southeast to Commercial Street. Follow Commercial Street along the waterfront to St. John's Street. After St. John's Street, turn right on Park Avenue. Follow Park to Preble Street. After Preble, turn left onto Congress Street and finish at Maine National Bank.

Awards To: first fifteen finishers—open
first fifteen women finishers
first five finishers ages 16 and under
first five finishers ages 30 to 39
first five finishers ages 40 to 49
first five finishers ages 50 to 59
first five finishers ages 60 and over

Additional awards to first finisher wearing a Maine National Bank Race T-Shirt, to the youngest finisher, and to the oldest finisher.

FREE COLORFUL RACE T-SHIRTS FOR FIRST 300 ENTRANTS

Changing, shower accommodations available—to be announced

FREE refreshments served following the race.

AWARD CEREMONY will be held following the race in Maine National Bank's Plaza.

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsor of this race. Entree materials will be sent to address given below.

Name _____ Address _____ Zip _____

Age _____ Male _____ Female _____ Club or School _____

Signature _____

Mail this form plus the \$2.00 Pre-registration Entry Fee (registration fee on day of race is \$3.00) payable to Maine National Bank on or before June 24, 1979 to:

Wayne G. Larochelle, Race Director (Telephone 207-775-7461)

Maine National Bank, 400 Congress Street, P.O. Box 919

Portland, Maine 04104



"1979"
5th Annual
Bob Rice Memorial

5 Mile Road Race

Sunday, June 10th - 11:30 a.m.

Cape Elizabeth High School, Cape Elizabeth, Maine

BOB RICE
1956 - 1975

Portland High School Track and Cross-Country Runner Killed in a
Motorcycle Accident on May 6th, 1975.



All Runners Are Urged to Attend This Race in Fond Memory of a Fellow Runner.

1st Place Mens Open

12" Sylvania TV
courtesy of
ECONOMY T.V.
12 Main Street
Gorham, Maine

or

American Arrow
10 Speed Bike
courtesy of
The Bike Shed
Forside Mall
Falmouth, Maine

1st Place Womens

9" Zenith TV
courtesy of
Entertainment Horizons
Rainbow Mall
Portland, Maine

or

Viscount
10 Speed Bike
courtesy of
Bike & Blade
(Formerly Kens Bicycle)
97 Ocean Street
So. Portland, Maine

Thank you to the above and to the following sponsors.

New England Music
713 Congress Street
Portland, Maine

Cross Jewelers
570 Congress Street
Portland, Maine

Radio Shack
40 Auburn Street
Portland, Maine

Home Photo
Rainbow Mall
Portland, Maine

DeOrsey's
Falmouth Shopping Center
Falmouth, Maine

Manhattan Trophies
9 May Street
Bangor, Maine

James Bailey Co.
264 Middle Street
Portland, Maine

Fotoshops
517 Congress Street
Portland, Maine

Port City Engravers
640 Congress Street
Portland, Maine

Saymore Trophies
1191 Union Street
Laconia, N. H.

Carter Bros. Co.
517 Congress Street
Portland, Maine

Howard Dist.
752 Riverside Street
Portland, Maine

PRIZES: Technics SA-80 Receiver, Pearl 3 Leaf Pin, Johnsons 40 Channel CB Radio w/Antenna, Kodak X-15F, JSR am-fm Radio, \$40 Gift Certificate, 6 Trophies, 6 Trophies, 4 Photo Albums, 1 Trophy, 3 Trophies, Sterling Silver Picture Frame.

Total Prizes 15, Total Trophies 16, Also 9 Additional Trophies, Total Cost \$1500.

Official Entry Blank

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I might have against the organization hosting this event, its agents representatives, successors and assigns for any and all injuries suffered by me at said road race known as the 5th Annual Bob Rice Memorial 1979.

PLEASE PRINT

Name: _____ Address: _____
(FIRST) (LAST) (CITY) (STATE) (ZIP CODE)

Tel. No. _____ Date of Birth: _____ Club or School: _____
(MONTH) (DAY) (YEAR)

Signature: _____ Parent Signature: _____
(If under 18 Parent Signature is Necessary)

Mail entry blank plus \$2.50 entry fee to:
(\$3.00 day of race)

Gene Coffin
77 Pleasant Avenue
Portland, Maine 04103
773-1282

2ND ANNUAL PENOBSCOT VALLEY RUNNERS CLASSIC
LINCOLN, MAINE
Sponsored by Cold Stream Jaycees
Carney, Inc.
Lincoln Rec. Department

Please check one!!
☐ Penobscot Valley Runners Classic
☐ Mini-Marathon

DATE: June 3, 1979 "SUNDAY"

REGISTRATION: 11:00

STARTING TIME: Mini Marathon 12:00
Runners Classic 1:00

STARTING POINT: Main Street, Lincoln (Directly in front of Carneys)

ENDING POINT: Mattanawcook Academy Track

REGISTRATION FEE: Mini Marathon \$1.00
Runners Classic \$2.00

DISTANCE OF RUN: Mini Marathon 1mi.
Runners Classic 6.2mi. (10,000 Meters)

PRIZES AND AWARDS: Mini Marathon.....Ribbons for First, Second, Third, and
Fourth...in two age groups (7-12) (13 & up)
Runners Classic...Overall winner--Trophy & warm-up Jac
2nd Place-----Pro Ked Athletic Bag
3rd Place-----Adidas t-shirt

Catagories: Students: up to 18 yrs.; 1st Place Male &
Female (TROPHY)

ADULT: 19 to 39 yrs.; 1st Place Male & Female
(TROPHY)

MASTER: 40 & up; 1st Place Male & Female (TROPHY)

YOUNGEST Person To Finish: (TROPHY)

OLDEST Person To Finish: (TROPHY)

Also: CERTIFICATES For All Those Completing The
Race.

(please print) *****

NAME

STREET

CITY

ZIP

phone

AGE

SEX

ORGANIZATION (if any)

SCHOOL (is student)

OFFICE USE ONLY

I
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In consideration of the furtherance of your purposes, objectives, and work
and in consideration of your permitting me to participate in your activity
on behalf of myself, my heirs, executors, administrators and assigns, I
hereby waive and release any and all rights and claims for damages which I
may have against you, the sponsors, and the municipalities through which the
activities will take place, as well as any other person or persons
connected with the activity, their heirs, executors, administrators, successors,
and assigns for any and all injuries which I may suffer while taking
part in the activity or as a result thereof. (SIGNED)
**IF UNDER THE AGE OF 18 PARENT OR GUARDIAN MUST SIGN

GRAY ANNUAL ROAD RACE ** ENTRY FORM

The Gray Parks and Recreation Committee is sponsoring two road races again this year. These races are open to all amateur runners. You may enter one or both races, however, the shorter race is intended for casual runners. An entry fee is required for each race entered.

WHERE: Gray, Maine (Pennell Institute Gymnasium on Route 100)

WHEN: June 9, 1979

ENTRY FEE: \$2.50 (one race)
\$3.50 (both races)

RACE NUMBER 1: ☐ Approx. 2.0 miles 9:00 A.M. (Pennell School to Gray/New Gloucester High School)

RACE NUMBER 2: ☐ Approx. 8.7 miles 1:00 P.M. (Pennell School, Route 26, Weymouth Rd., Route 100, Pennell School, Gray/New Gloucester High School)

Prizes and trophies will be awarded for various categories. First 200 entries will receive T-Shirts (one T-Shirt per person). Trophies for: 1st, 2nd, 3rd Overall 1st Woman, 1st Gray resident (No duplicate trophies will be awarded). Mail entry to: Gray Parks & Recreation Committee
Town Office
Dry Mills Road
Gray, Maine 04039

All requests for inquiries or information must be accompanied by a stamped, self-addressed envelope.

***** (For Official Use Only) *****
* POSITION _____ ELAPSED TIME _____ *
* * * * *

RACE NUMBER 1: ☐ Approx. 2.0 miles 9:00 A.M.
RACE NUMBER 2: ☐ Approx. 8.7 miles 1:00 P.M.

-----RETURN BOTTOM PORTION - KEEP TOP PORTION-----

WAIVER OF INJURY: Upon acceptance of this entry, I hereby waive and release any and all rights and claim for damages I may have against sponsors and officials for any and all injuries suffered by me in the 1979 Gray Annual Road Race.

Signature _____ Date _____
(Competitor)

Signature _____ Date _____
Parent or Guardian (if under 18)

NAME: _____ AGE _____

ADDRESS: _____ PHONE _____

THE MAINE=LY LADIES INVITATIONAL

Sponsored by

THE BRUNSWICK HOTEL

In Conjunction With **MARATHON SPORTS RUNNING CLUB**

*You're invited to a scenic run through Maine's
resort capital featuring the world's cleanest beach.*

THE BRUNSWICK HOTEL'S Fran Garneau invites all runners and their families to use the facilities at THE BRUNSWICK. Bring your own picnic lunch and enjoy the use of the swimming pool and beach facilities after the race.

DATE: Sunday, June 3, 1979 at 11:00 A.M. sharp

COURSE: 5 miles on very flat wheel measured course

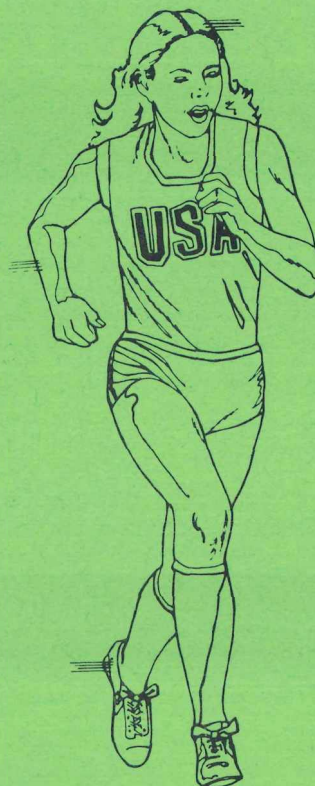
STARTING LINE: THE BRUNSWICK HOTEL
5 Fernald Street
Old Orchard Beach, Maine

FEATURES:

- 1) mile markers every mile
- 2) times at 2 & 4 mile markers
- 3) aid station
- 4) changing facilities
- 5) famous cannon start
- 6) almost instant results
- 7) post race refreshments
featuring Diet-Pepsi

ENTRY FEE: \$2.00 pre-registration
\$2.50 day of race

MAKE CHECKS PAYABLE TO: MARATHON SPORTS RUNNING CLUB
154 Main Street, Saco, Maine



AWARDS AND DIVISIONS

Under 11 —	5
11 - 14 —	6
15 - 18 —	10
19 - 29 —	14
30 - 39 —	10
40 - 49 —	8
50 & Over —	5

Prize to first lady finisher from Old Orchard Beach

Prize to first mother & daughter team

Prize to first team (min. of 4 girls from same club, school) — Largest Trophy — names to be engraved.

PRIZES INCLUDE:

25 Trophies
6 Dinners (for 2) at THE BRUNSWICK HOTEL
6 gifts from THE GOLDEN HARVEST GIFT SHOP
24 T-Shirts

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsor of this race.

Name _____ Address _____ Zip _____

Age _____ Club or School _____

Signature _____

Special Drawing for Pre-registration — 2 Tickets to Tom Jones Concert — Nite of Race

FOURTH ANNUAL MID MARATHON RACE

OFFICIAL ENTRY BLANK

Please enter me in the (check one) _____ 13.1 Miles
_____ 5.8 Miles
_____ 2 Miles

In consideration of this entry being accepted, I hereby, for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organizations holding this event. Their agents, representatives, successors, and assigns for any and all injuries suffered by me at said races.

Signature _____ Date of Birth _____ Age _____

Address _____ City _____ Club/School _____

June 23, 1979 _____

The right to reject any entry for cause is reserved.

Make check payable to Waterville Area YMCA Marathon for entry fee.

* * * * *

5.8 Mile Road Race

Trophy-First two places (13 & younger)

Trophy-9 Medals (Open, MEN)
4 " (Open, Women)
4 " (High School Boys)
4 " (High School Girls)

3 Medals Seniors (30-39 yrs. old)

3 " Masters (40 yrs. & older)

3 " Vets (50 yrs. & older)

1 Trophy Oldest Finisher

13.1 Mile Race

Trophy-Youngest Finisher

" 9 Medals-Open (MEN)

" 4 Medals-Open (WOM)

Fun Race

(No Prizes Awarded)

All competitors must report to the Clerk of Course in the YMCA Parking Lot at 9:15AM at the Waterville Area YMCA, Corner of Pleasant St. & North St., Waterville, ME., for instructions.

Registrations can either be sent to the YMCA or register at the Registrations Tables between 7:00AM and 9:00AM on race day.

Entry Fee: \$3.00 for the race. No fee or registrations for the Fun Run.

Visors for the first 150 PAID entrants.

Any additional information about the race may be obtained at the Waterville Area YMCA, Box 233, Waterville, ME 04901 (8731178)

WATERVILLE Y'S

5th ANNUAL MID MARATHON ^(FOOT) RACE

SATURDAY, JUNE 23, 1979, 9:30AM

THREE RUNNING EVENTS

13.1 Miles
5.8 Miles
2 Mile Fun Run

RUNNERS' DIVISION

(See Entry Form
on Reverse Side)

TROPHIES

will be awarded
to Top Finishers
in each age group.

REGISTRATION:

P
l
e
a
s
a
n
t
St.

North St.



Registration forms and information
can be picked up at the YMCA (or
register the day of the run)
Waterville Area YMCA
Cor. Pleasant & North Sts.
Waterville, Maine, 04901
Phone: 873-1178

FREE: SUN VISORS to first
150 paid Registrants!

ENTRY FEE: \$3.00

The Waterville Area YMCA is a Member of United Way of Mid-Maine

\$1.00 off on any pair of shoes

with this coupon

Phidippides

Phidippides Running Money

Robt Booker



170

Phidippides

25 Hammond Street
Bangor, Maine 04401
942-3627

271 Commercial St.
Portland, Me. 04101
775-1416



Start of the Lewiston 10K, a race with a long history, known officially as the Lewiston Rec. Dept. 3 in 1 Day Road Race. Even Roland Dyer ran here.

SMVTI 7.6 Miler

11th Annual Amalie and SMVTI Open Road Race
Apr. 8th 122 finishers

18	1. Larry Greer	24	36:28
	2. Deane Gelinas	18	38:00
	3. Stuart Hogan	17	38:12
	4. Steve Ridley	16	38:23
	5. Andre Benoit	27	38:33
	6. Matt Kersey	17	38:41
	7. Lawson Noyes	37	38:54
	8. Martin Callahan	30	39:06
	9. Jim Harmon	19	39:28
	10. Douglas Taylor	18	39:52
	11. Marty Murphy	15	40:00
	12. Joan Benoit	21	40:01
	13. Rick Chalmers	17	40:13
	14. Bill Flahive	35	40:17
	15. Roger Rittmaster	28	40:29
	16. Brian Flanders Jr.	17	40:33
	17. Paul Small	15	41:03
	18. John Dudley	28	41:10
	19. Tom Delaney	16	41:21
	20. Kurt Neilson	25	41:25
	21. Robert Shaw	21	41:26
	22. Dean Fichon	17	41:30
	23. Arthur Feeley	15	41:35
	24. Larry Jenson	33	41:36
	25. Mike Durey	18	41:38
	26. Merle Haxelton	17	41:47
	27. Robert Hunt Jr.	23	41:58
	28. Robert Coughlan	40	42:09
	29. Les Berry	31	42:12
	30. Bill Roy	17	42:30
	31. George Towle	28	42:44

32. Tom Feeley	20	42:52
33. John Reatty Jr.	30	42:57
34. Glen Roy	17	43:15
35. Dan Pease	20	43:28
36. Bill Leschey	43	43:30
37. Mark Hoffmaster	27	43:34
38. Aaron Gilman	15	43:37
39. Dean Hatch	25	43:38
40. Phil Soule	37	43:52
41. Wes Jones	25	43:59
42. Steve Watts	34	44:00
43. David Smith	37	44:05
44. Charles Gordon	31	44:08
45. Steve Roy	18	44:13
46. Ken Rosen	38	44:23
47. Joe Griffen	37	44:37
48. Scott Mannette	13	44:40
49. Paul Lachance	31	44:40
50. Barry Howgate	30	44:48
51. Bruce Kington	38	44:48
52. Guy Furbush	16	44:52
53. Greg Emerson	20	44:55
54. Pete Bastow	42	45:00
55. James Bennett	24	45:01
56. Mark Dudley	21	45:03
57. Tom Allen	23	45:05
58. Mike Marino	35	45:09
59. John Dakin	39	45:15
60. Jimmy Burrill	13	45:17
61. Mike Ripley	23	45:19
62. Greg Kelsey	15	45:23
63. Jim Dibias	41	45:34
64. Joseph Baan Jr.	33	45:43
65. George Linnie	31	45:43
66. Ed Malone	30	46:06
67. Phil Goodrich	19	46:10

68. Evelyn Hewson	21	46:17
69. Dianne Fournier	32	46:23
70. Bob French	43	46:27
71. Steve Woodsum	23	46:31
72. John Mazza	38	46:33
73. Brant Dench	29	46:37
74. Michael Gagner	25	46:41
75. Jeff Smith	15	46:45
76. Lloyd Cook	45	46:48
77. Ron McCall	37	46:52
78. Jim Dunn	32	46:57
79. Bob Milliken	36	47:01
80. Bryan Bettney	13	47:07
81. Ed Connolly	47	47:10
82. Bud Holland	38	47:12
83. Kim Beauleau	23	47:13
84. Debbie Noble	15	47:21
85. Carlton Comstock	40	47:27
86. Jeff Marshall	40	47:28
87. Carlton Mendell	57	47:29
88. Kyle Rankin	12	47:32
89. Dan Rankin	42	47:41
90. Marsha Giglio	35	47:49
91. Walter Perrin	33	47:59
92. Leighton Martin	34	48:02
93. Brian Flanders Sr.	37	48:17
94. Donald Berthiaume	31	48:25
95. Don Wilson	31	48:30
96. James Jones Jr.	32	49:07
97. David Dyer	33	49:09
98. Charles Ross	37	49:15
99. Kent McDonald	24	49:15
100. Dick Goodie	56	49:25
101. Roger St. Louis	34	49:29
102. Patrick Moran	14	49:33
103. Kevin Kein	11	49:35

104. Raymond Giglio	33	50:01
105. David Plimpton	38	50:23
106. Dennis Morrill	39	50:32
107. Barbara Coughlan	36	50:37
108. Bob Provost	29	50:58
109. Rick Hansen	30	51:16
110. Archie Prince	43	51:36
111. Connie Veilleux	25	51:39
112. James Babb	26	51:49
113. Chris Comstock	11	52:28
114. Will Leschey	13	52:39
115. Phil Harmon	57	52:45
116. Vernald Lewis	50	52:49
117. Edward Krolicki	40	52:54
118. Steve Juskewitch	30	53:11
119. Peter Kane	25	53:29
120. Peter Stone	22	55:37
121. James Guy	22	55: ?
122. Linda Provost	29	60:52

Top 5 Women

1. Joan Benoit	12th
2. Evelyn Hewson	68th
3. Dianne Fournier	69th
4. Kim Beauleau	83rd
5. Debbie Noble	84th

30-39 Men

1. Lawxon Noyes
2. Marty Callahan
3. Bill Flahive
4. Larry Jensen

40-49 Men

1. Robert Coughlin
2. Bill Leschey
3. Pete Bastow
4. Jim Dibias

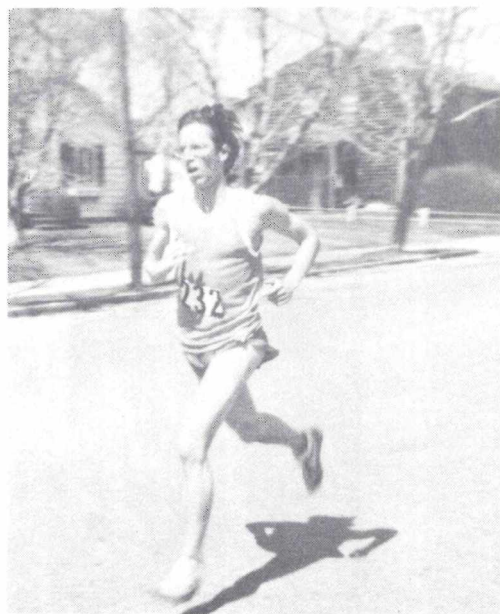
50-59 Men

1. Carlton Mendell
2. Dick Goodie
3. Phil Harmon
4. Vernon Lewis

John Dakin- Race director



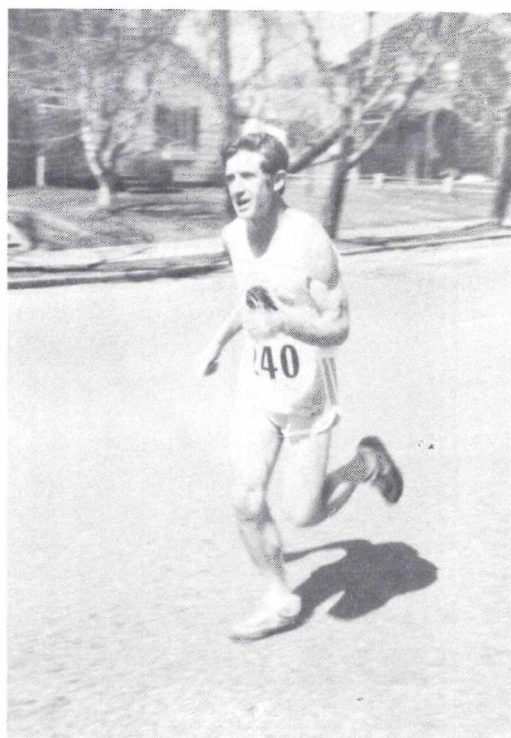
(left) "Retired" from active road racing Mike Towle of So. Portland once ran many duels with the editor in the early 70's.



Founder of the Downeast Striders, Jon Howland of Bar Harbor and UMO standout, finished 6th at the Lewiston Rec. Dept. 10K.



Greg Wardwell of Presque Isle and his father, Alton, pause after the Lewiston 10K. Greg won in record time - 33:05.



Five days after running the BAA Marathon, Bill Sayres, 47, founder of the Androscoggin Harrie breezes home in 40:51 at the Lewiston 10K.



Over 500 runners line up at the recent April Amble 4-Miler under ideal weather conditions. Eventual winner, Jamie Gildard is wearing the striped shorts with his back to the camera.



Rev. Harry Trask, 62, of Yarmouth is the oldest regular active road racer in the state.



Husband of Marsha Giglio, Ray, runs just about as many races as his fleet-footed wife. Here at Lewiston, he finished 38th in 43:51.

Classifieds

\$3.00 for the first three lines,
75¢ for each additional line. Each
line has 40 letters, spaces, or
punctuation marks.

Pre-payment required on ads and
race entry-form inserts. Entry
forms should be on 8 1/2" by 11 "
size paper.

Commercial

1/2 page- \$10.00

full-page- \$18.00

Gift Subscription

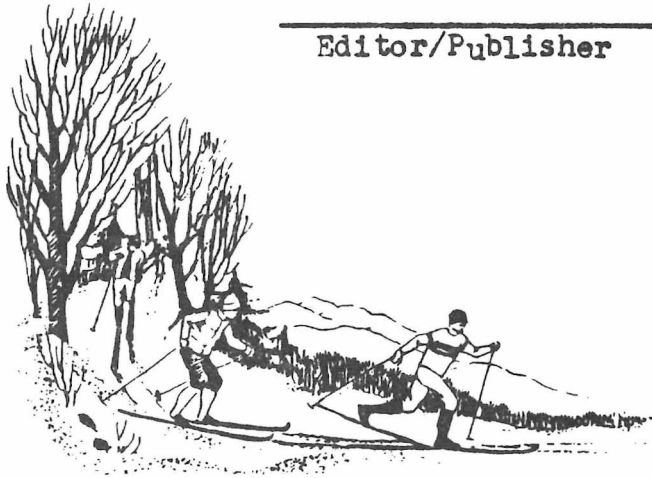
MAINE RUNNING & NORDIC SKIING

This certificate entitles _____
to a one-year subscription (17 issues).



Editor/Publisher

Race director



Fill out & mail to: Rick Krause/Editor
MAINE RUNNING & NORDIC SKIING
1 Summer St., Pittsfield, Me. 04967

Name _____

Address _____

...ideas for race directors...

I sometimes think that running has given me a glimpse of the greatest freedom a man can ever know, because it results in the simultaneous liberation of both body and mind. The mental approach is all important, because the strength and power of the mind are without limit. All this energy can be harnessed by the correct attitude of mind.

Running is creative. The runner does not know how or why he runs. He only knows that he must run, and in so doing he expresses himself as he can in no other way. He creates out of instability and conflict something that gives pleasure to himself and others, because it releases feelings of beauty and power latent within us all. I believe that we must all find some creative activity in which we can achieve a measure of success.

Roger Bannister





Trefethen's Road Race Point System



<u>Women</u>	<u>Pts.</u>	<u>Men</u>	<u>Pts.</u>
1. Robin Estey	107.06	1. Ken Flanders	134.58
2. Robin Emery	57.06	2. James Gildard	53.22
3. Marsha Giglio	47.62	3. Hank Pfeifle	42.08
4. Maria DiBiase	42.08	4. Paul Oparowski	32.8
5. Joan Benoit	38.4	5. Dan Barker	29.32
6. Margaret Clapper	37.24	6. Ken Graham	28.88
7. Evelyn Hewson	32.9	7. Greg Wardwell	26.94
8. Jane Patrick	28.88	8. Bob Neil	26.24
9. Kim Beaulieu	27.84	9. Larry Greer	25.7
10. Donna Olsen	26.24	10. Bruce Lehane	21.36
11. Dianne Fournier	21.26	11. Andy Palmer	20.96
12. Corey Hills	21.04	12. Mike Westphal	15.72
13. Barbara Coughlin	16.32	13. Ralph Thomas	14.88
14. Nancy Leferriere	15.88	14. James Goodberlet	10.52
15. Corby Griffin	14.44	15. Kim Whettlauser	10.48
16. Marty Thornton	13.34	16. Deane Gelinas	9.76
17. Kathrinka Leschey	12.1	17. Brian Kuperwicz	9.4
18. Wendy Thaxter	7.46	18. Todd Coffin	8.78
19. Susan Vogt	6.72	19. Ralph Fletcher	8.64
20. Connie Veilleux	6.56	20. Frank Carroll	8.1
21. Pam Moulton	6.48	21. Stuart Hogan	7.32
22. Cathy Martin	5.76	22. Dan Paul	7.22
23. Lynda Provost	5.48	23. Dan Norton	6.56
24. Alison Leavitt	4.86	24. Paul Hammond	6.4
25. Jana Lynch	4.10	25. Andre Benoit	5.48

The current scoring includes all road races up to and including the weekend of April 28-29 with the exception of the April Amble and the Old Town 14-Miler.

Due to a writing error in the race results which I received from the Bookland 5.6 Miler on Feb. 25, Carol Comstock was given credit for 1st place among the women on the point system. The correct name apparently is Carl Comstock, so the following women runners will move up in scoring as a consequence: Barbara Coughlin, Cathy Martin, Lynda Provost, and Joyce Cook.

How the points are figured:

1st place = 10 pts.
2nd place = 8 pts.
3rd place = 6 pts.
4th place = 4 pts.
5th place = 2 pts.

The points are multiplied by the number of finishers in the race, divided by 100. Example: in a race with 71 finishers, this number is divided by 100, equaling .71. Then, .71 is multiplied by 10 pts. (if 1st place, 8 pts. if 2nd place, etc.) to equal the points for that one race. A running tally will be kept as the year progresses, listing the top 25 women and men in the state.

April Amble

at Westbrook College, Apr. 28th

Team Competition

Team Totals

1st. The Maine Track Club	741 pts.
2nd. Androscoggin Harriers	105 pts.
3rd. Marathon Sports Running Club	105 pts.
4th. The Maine Rowdies	21 pts.

Maine Track Club Scoring

	Place		
1. Jamie Gildard	1st	18. Larry Pierce	96
2. Gene Coffin	4	19. Joe Bean	102
3. Tom Briggs	5	20. Dave Silverbrand	107
4. Dennis Smith	12	21. John Fyalka	111
5. Deane Gelinas	17	22. Brian Flanders	116
6. Sam Sleeper	34	23. Kim Beaulieu	143
7. Brian Gillespie	36	24. Jim Jones Jr.	145
8. Bob Coughlin	41	25. H. Strom	148
9. Richard Mulhern	49	26. Lloyd Cook	152
10. Guy Furbush	50	27. Bob Perkins	179
11. Jim Kein	60	28. Steve Rainsford	208
12. Jeff Weston	63	29. Fred Hegeneiker	209
13. Wayne Larochelle	68	30. Glenn Knock	231
14. Barry Howgate	82	31. Robert Dutton	232
15. Jimmy Burrill	89	32. Barbara Coughlin	236
16. Finn Kelly	90	33. Shiela Colby	265
17. Doug Foreshead	94	34. Ray Hruby	270
		35. Anthony Cushman	286
		36. Doug Volk	353



37. Fred Bowring	364
38. Bill Hogan	450

Androscoggin Harriers Scoring

1. Doug Taylor	3rd
2. Neil Lash	8
3. Dan Campbell	10
4. Rick Sterling	30
5. Roland Trottier	43
6. Louis Thibeault	46
7. Ron Beedy	51
8. Steve Roy	59
9. Bill Sayres	69
10. Dan Pleeter	74
11. Connie Veilleux	190
12. Wendy Sayres	224
13. Alan Holbrook	289
14. Peter Marczak	406

Marathon Sports Scoring

1. Doug Loranger	22nd
2. Jean Beaulieu	28
3. Marc Lessard	33
4. Peter Orthman	99
5. Mark Piersen	100
6. Bob Provost	109
7. Donald Wilson	150
8. Bob LaNigra	153
9. Joel Croteau	226
10. Jeff Barnes	238
11. Debbie Loranger	285
12. Linda Provost	308
13. Margaret Beaulieu	310
14. Peggy Wilson	434

5-man Team Scores

Maine Track Club	39
Androscoggin Harriers	94
Marathon Sports	282
The Maine Rowdies	21

Courtesy of
Mike Towle

The Maine Rowdies

1. Lawsen Noyes	19th
2. Bill Flahive	29
3. Phil Soule	57
4. Billy Soule	266
5. Jane Flahive	396
6. Kristen Soule	423

Cross - Country

Try it - You'll Like it
by
Rick Krause

Would you like to know one big reason why Ralph Thomas was such a successful long-distance runner? He does a good portion of his training on off-the-road terrain. Sometimes it's dirt roads or narrow paths made by motorbikes. Other times he circles around the perimeter of large grass fields as part of a regular hard-top training run. Thomas is a powerful runner, and there is no doubt that cross-country terrain has made him that way. Gardiner also has a few hills.

Running cross-country is "pleasantly tough"- the best way I can describe the stuff. Your body gets very little jar and you consequently have few sore muscles even though it is physically half-again as difficult as road running. In a cross-country race over 5-miles, you will run a good 20 seconds slower than on a road course of the same length. Even seemingly flat golf courses are a real workout and for those who live where dirt road, trails or fields are not accessible, the local city or town country club may provide a scenic and quiet place to train. Just hug the edge of the woods as you circle the course and stay clear of golfers in mid-swing. If you keep the golfers happy, you will probably continue to run there. You would be amazed at how fascinated they are to watch you run, and no doubt, they have a certain amount of respect for us. After all, it may be Robin Emery out there.

About 50% of my own running is done off the road. I've had no injuries in about six years. Two and two makes four?

One of the primary reasons why people run is so that they can have time to be alone with themselves where their thoughts and feelings can drift in complete freedom. What better place can this be done than along a path that follows a rushing stream or in a pine-needle forest where the way is silent. At times, you feel like a wild animal out there and really very much a part of nature's scene - sort of like the deer that Ralph Thomas and I have seen on our long runs over the past years in Gardiner.

Most fields appear from a distance to be smooth as a golf course, but upon entrance you may already have found them to be uneven and aggravating to the ankles. True. Your calf muscles will be stiff the next day.

But, occasionally there will be a worn path around the edge of the field or perhaps the imprint of a vehicle tire which has pressed the grass down enough to provide a little stability.

Once or twice, during the fall, I've run through one particular apple orchard in Newport, where I used to live, and I'd snap one of the fruits off a tree and munch away on the hoof.

Of course, the natural environment always provides a never-ending movie of events. I once ran across the line of
(cont. pg.33)

News

According to John Gleason of So. Portland, his brother Peter has returned to Maine to live (now married and 23) and his plans are to return to competition once again. Peter, is a former standout at Cony High and later at the University of Maryland where he recorded the second fastest time ever run on the home course. Gleason, when living in Augusta, trained regularly with Ralph Thomas and was a superb long distance runner.

Bob Hodgdon, director of the April Amble, feels that the time has come for race directors to pool together their donations and purchase electronic race timer-recorder(s) which could be shared. Somewhat frustrated over the finish line pile-up and delay of the awards presentation after his recent race on April 28th, Bob believes that this topic needs to be discussed at a follow-up race directors meeting. One was held in Bangor in February.

Yankee Runner, published by runner Rick Bayko, will cease existence in July. Another magazine with a similar format (Northeast Runner) will fill the need formerly provided by Yankee Runner. Dale Van Meter of Sharon, Mass. (one of my subscribers) will be the editor.

Andy Palmer, Greg Wardwell and Bob Everett dominated the club scene with a low score of 1st, 3rd, and 9th, in Old Town's 14-Miler on Apr. 29th. Palmer and Wardwell are from Presque Isle and Everett is a senior at Fort Fairfield High, who placed 2nd in the state Class B Cross-Country Championships last fall.

Dick Goodie announced that there will be a testimonial to honor Portland Press Herald writer Vern Putney on May 18th, at 7:30 at the Italian American Club, Portland. There will be a dinner at the occasion and tickets are \$7.50 and are available from Dick, 63 Revere St., Portland, 04102. 773-3358

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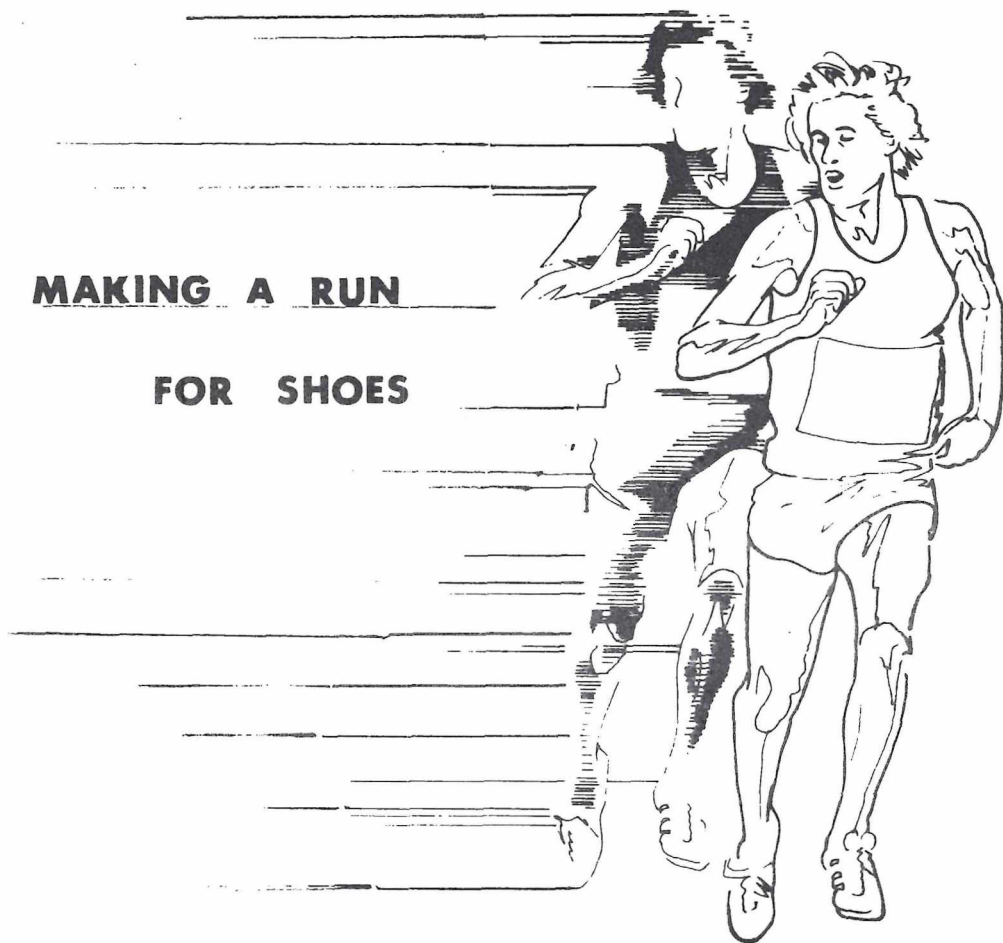
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Letters

Dear Rick,

Your magazine has come a long way in 1 year. I have an issue of Vol. 1 which should be valuable someday as a collector's item.

The Hammonds look forward to each issue.

We are:

OK - me

Paul - age 19 Freshman at Bates, finished one place in from of you at PBC. He is running the steeple chase now - won the event last Sat. at Brunswick- 4 Maine colleges. - Took 24 sec. off the meet record and qualified for the National meet at the end of May.

Ken - age 20 - Junior at Bates. Finished 3 places behind you at the PBC.

Brad- age 22. Harvard graduate - now studying at U. of Md. Brad ran Boston Marathon in April. # 2945, time 2:59:47. A good time considering he lost about 3 min. at the start because of the crowd.

I watched the race - so I couldn't enter the PBC. Brad's grandmother grew up in Natick, Mass. She watched the race as a child. She lives in Newton and had the pleasure of seeing a grandson go by in the April race.

All three boys will be working at S.D. Warren this summer so we should be having fun with races - and your magazine.

Sincerely,
O.K. Hammond

Boston, 1979- An Impression:

Yes, it feels important, this Boston Marathon, and I'm pleased as punch, proud, and not regretting one moment - certainly there's a catharsis, and some kind of rite of passage occurs- but this running did not feel like fun and the thousands of runners around me did not seem to be having fun. It was solemn stuff. It was terribly serious business and most of us runners were business-like, even while we waited in lines, even when stretching, advancing in waves down the streets and roads, coming to an exhausting finish, changing wet clothes for dry ones, winding ourselves down in the Pru's underground garage just afterwards. Dead serious stuff. Despite our underlying anxiety and doubt we knew it was important to do our business and do it well. Running in the midst of such hordes of "professionals" was rewarding. We knew what we were doing, it seemed. We'd been through it before, we knew our limits and had learned from past mistakes. We would not lose our heads. There were no fantasies that

we'd easily admit to. So I was surprised to experience this, for I'd expected a circus, exaggeration, un-reality, a perversion of what I'd felt a long foot-race should be. Instead, to find the very opposite takes my breath away, confuses me. Even the huge crowds observing us seemed as "professional" and un-excitabile as we runners. They did their job well with their shouting, posters, water, orange slices. We had finally found each other, we runners and spectators, and in our serious, intense, work-manlike way we had traveled the world over to share something together which can't be understood.

(continued pg.33)

Ron Zorn, Poland Spring
Pres. Androscoggin Harriers

Maine's Runners

WHO ARE THEY



Gary Barrett Age: 34
Town: Farmingdale Years running: 3
Birthplace: Augusta, Me.

Current job/profession: principal at Hall-Dale Jr. High School, Hallowell, Me.

Trained job/profession: teacher/administrator

Approximate number of races run each year: 2 last year.

Typical weekly milage: 20-30 miles

General types of training done: long, slow, distance. Very few races. I run for fun.

Reasons for running: Good physical exercise. So far, I've noticed a weight loss from 215 lbs. to 180 pounds. My eventual goal is 160 pounds. I run for fun mainly. I feel better physically and mentally for doing it.

Reasons for racing: I will enter more races this summer, not so much to win, but to improve personally.

Running goals: I'd like to prepare for the Casco Bay Marathon in October, with a goal of finishing the complete course.

Charles Woodward Age: 43
Town: Leeds Years running: 1.5
Birthplace: York, Maine
Current job/profession: crop technician, U. of M.
Trained job/profession: printer
Approximate number of races run each year: 5
(cont.)



Typical weekly milage: 40-60
General types of training done: LSD with hills
10% at race pace.

Reasons for running: at first to lose weight.
Now losing weight to run better.

Reasons for racing: like to be with other
runners. Need to compete and challenge myself
every once in a while.

Running goals: To be able to run marathon in
less than 3:30.

Other information: have lost so far , 35 lbs.
by running.

Deke Talbot Age: 29
Town: Machias Years running: 13
Birthplace: Bangor
Current job/profession: lawyer
Trained job/profession: same

Approximate number of races run each year: 15
Typical weekly milage: 60 (70 in summer)

General types of training done: primarily LSD; some fartlek,
hill work; occasional short, fast runs on double-workout
days when in marathon training.

Reasons for running: It is a foundation-stone of my life-
long ethic of self-control and self-esteem; the motivating
force behind the creation of time completely my own;
recreation without rules except those I create myself; and
justification for the statement that, regardless of how
badly any particular day might go, I have done something.

Reasons for racing: To participate in the mind-game, and
the physical release of competition; and to enjoy the social
atmosphere at races.

Running goals: To knock down my times at distances from
10 miles to marathon; to attempt a 50-mile race; run unique
races when travelling; to become something of a patron
saint for encouragement of runners in Machias area.

Top three career races:

Athens Greece Marathon	1977	2:41:37
Eastport 7.2-miler	1976	38:24
Brunswick 10-mile (track)	1975	55:08

Special awards: "Damned Good Guy Award", presented by
Walt Stack, President of the San Francisco D.S.T. Club

Other information: Currently being retained on a part-
time basis as a downhome, shoe-shufflin' crackerbarrel
philosopher by the Phidippides franchise in Bangor.

Peter McDonald Age: 19
Town: Eastport Years running: 2
Birthplace: Eastport, Maine
Current job/profession: student at W.C.V.T.I.
Trained job/profession: building construction

Approximate number of races run each year: 15
Typical weekly milage: 32/week
General types of training done: mostly road work of 4 to 5 miles a day and some speed work.

Reasons for running: I enjoy racing and I enjoy tr ing to improve with each race. To lose weight and stay physically fit. I enjoy competition and I am very interested in becoming a competitive runner. To meet people.

Reasons for racing: /enjoyment, to improve myself and to see how good I can do. I also like to meet people and become better acquainted with the Maine runners.

Running goals: To complete a marathon under 3:30. To be able to run long distance races averaging 6 minute miles the whole way.

Top three career races:

1979 Goldsmiths Runners Classic 14-miles
1979 Sunrise Country Road Runners 3.6-mile race-3rd place
1979 Super Joggers Day/ Completed 21 miles.



Letters (cont.)

Dear Rick,

At the race directors meeting held Feb. 24 in Bangor someone suggested establishing "standards" for road races in Maine. I don't recall if the assembled directors agreed that this would be good or bad. However, that was prior to the onset of the racing season and since then some of them may have changed their minds. I have.

"Standards" for some of the following might be considered:

1. finish lines - well marked, obvious to the runners
2. the chute - where is the finish line now?
3. timing system - one that avoids confusion!
4. what constitutes a wheel marked course?

Standards wouldn't necessarily impose restrictions on race directors but provide a positive set of guidelines which would benefit directors and runners at the same time.

Best regards,

Marty Thornton

(cont. from pg. 26) Cross-Country

fire in a skeet shooting affair, missed a skunk by a few inches, and when crossing a set of railroad track, I stepped into a hornets nest. But, I'm sure that among you runners are some more unique experiences, but you will have a tough time beating this one - Several years ago I was running XC in Newport and I heard voices coming from a nearby pond. Following a path along the waters edge, I came upon, of all of nature's beauties, two girls skinny-dipping. Want to here more?

Open cross-country races are a rare thing in this state. It doesn't have to be that way. I'd be the first one to attend, and even if you had 200 runners, you could still start them somewhere on the road and run the herd long enough to string them out, sending them trampling through the underbrush in single-file. A few of Maine's road races have some cross-country mixed in with "the hard stuff", and such races are, in my opinion, a pleasure and a challenge to run.

The James Bailey 5-Mile Cross-Country Race at Gorham in Sept. is one of the most challenging races of the year. The Father's Day Road Race at Cheverus H.S. has some off-the-road running in it, and several other existing races provide miles of dirt road footing.

If you consider yourself to be at least, in part, an animal of this planet, get out there and start romp'n the turf!

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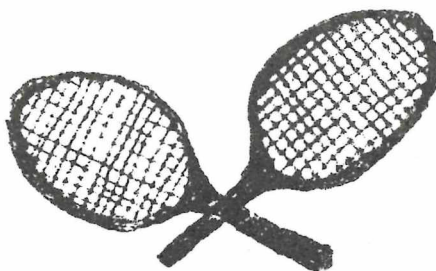
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Maine Running Clubs

Maine Track Club

Brian Gillespie, Pres.
3 Grace St.
Portland, Me. 04103

Athletic Attic Track

Club -Kevin Dyer, 380
College Ave., Orono, Me.
04473

Marathon Sports Running

Club -Bob LaNigra, Pres.
Rocky Hill Rd.
Saco, Me. 04072

Caribou Joggnauts

Conrad Walton, Pres.
35 New Sweden Rd.
Caribou, Me. 04736

The Good Sports Running

Club- Rob Jarratt
3 Pleasant St.
Brunswick, Me. 04011

Capitol Joggers

Cliff Fletcher, Pres.
RFD #5A, Windy Acres
Gardiner, Me. 04345

Central Maine Striders

Fred Judkins, Pres.
35 Boutelle Ave.
Waterville, Me. 04901

Androscoggin Harriers

Ron Zorn, Pres.
Star Route
Poland Spring, Me.
04274

Olympia Track Club

207 Maine Mall
So. Portland, Me. 04106

Maine Masters

Dick Goodie, Pres.
63 Revere St.
Portland, Me. 04103

Sunrise County Road

Runners- Dale Lincoln,
Pres. Box 168, Perry,
Me. 04667

Downeast Striders

Dirck Bratt, Pres.
P.O. Box
Seal Harbor, Me. 04675

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